



Cooperative Parenting & Divorce

DATES: 07/19/2022 – 09/06/2022 VIA ZOOM @ 6 P.M.
TO SIGN-UP CONTACT KIDSFIRST@KIDSFIRSTNOW.ORG
/916-774-6802 X 2000

Free interactive 8-week co-parenting class for parents who are divorced, separated or in a co-parenting relationship. Our goal is to increase communication with less conflict. Both parents and/or single parents are welcome to attend. Class details are as follows:

- Anger Management
- Focusing on the children's needs
- Creating a more relaxed home atmosphere
- Decreasing negative effects on children
- Improving communication between parents
- Enhancing child's self-esteem
- Helping with children's behavior
- Conflict resolution skills
- Accepting responsibility
- Avoiding actions that increase stress

Funding provided by Mental Health Services Act